

Primanti's Sandwich

READY IN



45 min.

SERVINGS



2

CALORIES



822 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 ounces capicola sliced
- 0.3 teaspoon celery seed crushed
- 1 tablespoon apple cider vinegar
- 4 slices bread crumbs italian thick (ideally, 6 by 4 inches, not too crusty)
- 0.3 teaspoon kosher salt plus more for seasoning
- 2 teaspoons olive oil extra virgin extra-virgin
- 4 ounces provolone cheese sliced
- 2 small baking potatoes
- 3 cups savoy cabbage shredded finely

- 0.3 teaspoon sugar
- 1 tomatoes ripe sliced
- 2 servings vegetable oil for frying

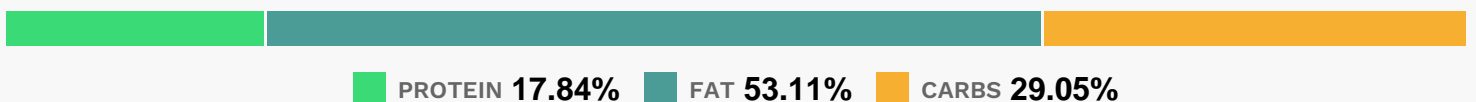
Equipment

- bowl
- frying pan
- paper towels
- tongs

Directions

- Toss together the cabbage, vinegar, olive oil, celery seed, salt, and sugar in a large bowl.
- Let the slaw sit and the flavors mingle while you make the fries.
- Cut unpeeled potatoes into sticks about 1/4 to 1/2 inch thick.
- Heat 1 inch of vegetable oil in a deep skillet over medium heat. The oil is ready when the tip of a potato really sizzles on contact. Carefully slide the potatoes into the oil to fry over moderate heat, turning occasionally with tongs, until crisp, golden brown, and cooked through, about 8 to 10 minutes. Don't let the fries brown too quickly! (They might remain raw on the inside and burned on the outside if they are cooked too fast.)
- Drain on paper towels, and season with salt.
- Heat another large skillet over high heat. When the skillet is hot, sear the sliced capicola until crisped on both sides, about 1 minute per side.
- Remove skillet from heat, and make two stacks of capicola on a side plate, laying the sliced provolone on top, to get it started melting while you assemble the sandwiches.
- To assemble, lay two slices of bread on your work surface. Top with the capicola and melted cheese. Top with the fries, slaw, and sliced tomatoes. Top with the remaining bread, cut in half, and serve immediately.

Nutrition Facts



Properties

Glycemic Index:145.92, Glycemic Load:26.5, Inflammation Score:-9, Nutrition Score:28.254347910052%

Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Apigenin: 0.92mg, Apigenin: 0.92mg, Apigenin: 0.92mg, Apigenin: 0.92mg Luteolin: 2.1mg, Luteolin: 2.1mg, Luteolin: 2.1mg, Luteolin: 2.1mg Kaempferol: 0.88mg, Kaempferol: 0.88mg, Kaempferol: 0.88mg, Kaempferol: 0.88mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg

Nutrients (% of daily need)

Calories: 822.12kcal (41.11%), Fat: 50.61g (77.85%), Saturated Fat: 23.48g (146.76%), Carbohydrates: 62.28g (20.76%), Net Carbohydrates: 54.65g (19.87%), Sugar: 18.26g (20.29%), Cholesterol: 89.58mg (29.86%), Sodium: 2087.77mg (90.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.25g (76.51%), Vitamin K: 88.96µg (84.73%), Vitamin C: 50.71mg (61.46%), Calcium: 498.81mg (49.88%), Phosphorus: 450.35mg (45.04%), Vitamin B6: 0.88mg (43.94%), Vitamin A: 2063.08IU (41.26%), Folate: 147.92µg (36.98%), Potassium: 1270.28mg (36.29%), Fiber: 7.63g (30.53%), Manganese: 0.57mg (28.5%), Magnesium: 99.42mg (24.86%), Iron: 4.02mg (22.31%), Vitamin B3: 4.34mg (21.68%), Vitamin B1: 0.3mg (20.22%), Zinc: 2.81mg (18.76%), Vitamin B2: 0.32mg (18.71%), Copper: 0.3mg (14.78%), Selenium: 9.89µg (14.13%), Vitamin B12: 0.83µg (13.8%), Vitamin B5: 1.03mg (10.33%), Vitamin E: 1.47mg (9.77%), Vitamin D: 0.28µg (1.89%)